

## Assessment Schedule – Basic Massage

### Task 1

#### Conditions

This formative assessment is to be carried out continuously within the Otago Polytechnic student massage classroom.

The assessment is an open-book test.

The assessment takes place within a practical training block.

#### Resources

The massage table will be provided by Otago Polytechnic.

Students must provide their own drapes, lubricant and any additional equipment that may be required.

#### Assessor Guidelines

The judgements in this assessment are based on consistent performance. A student should not be judged as competent until they have been observed in a minimum of three practical blocks.

Once the assessor judges that the student is **consistently meeting** the descriptor in the judgement column, a *tick* should be placed in the appropriate box.

In the last class if the assessor judges that the student is **not consistently meeting** the descriptor in the judgement column, a *cross* should be placed in the appropriate box.

A student must meet *all of the essential criteria (E)* to be **competent** in the assessment.

There are no **merits** given for this assessment.

## Assessment Schedule – Basic Massage - Task 1

Student Name: \_\_\_\_\_

Date:     /     /

ASSESSING	EVIDENCE	JUDGEMENT	E <input checked="" type="checkbox"/>
Prepare for massage practice (environment, equipment and self)	Evidence is taken from the student's preparation of their equipment and self in the classroom.	<u>Preparing for massage practice</u>	
		Massage table or chair should be clean before use. It should be wiped down before and after massage using an appropriate vinyl cleaner.	
		Sheets, towels and pillowcases should be fresh and regularly laundered using an appropriate detergent. They must be clean in appearance, smell and to the touch.	
		Practitioner selects a table of appropriate height and positioning or adjusts the table height and/or positioning to ensure the	
		<ul style="list-style-type: none"> <li>• Comfort and safety of the practitioner</li> <li>• Practitioner is able to apply massage techniques effectively</li> </ul>	
		The table/chair is adequately covered	
		Client is screened for allergies before lubricants are chosen. Lubricants are not chosen which clients are allergic to.	
		Lubricants are selected according to the client's preferences and/or according to the effects sought from the massage.	
		Lubricants are to be dispensed in a hygienic manner from appropriate dispensers	
		<ul style="list-style-type: none"> <li>- oils from plastic squeeze or pump bottles</li> <li>- waxes from a pottle using plastic or wooden scooper</li> <li>- creams and gels from a tube or from a pottle using plastic or wooden scooper</li> <li>- lotions from plastic squeeze or pump bottles.</li> <li>-</li> </ul>	

		<u>During massage practice</u>	
		Student selects pillows and bolsters that will support the client's body as needed & help to ensure maximum comfort for the client	
		Only that part of the client's body being massaged is exposed, leaving the rest of the body covered to ensure the client's privacy, modesty and dignity	
		The use of an appropriate lubricant in an appropriate amount (not too much – not too little) allows the candidate to apply massage techniques effectively.	
		<u>Post-massage</u>	
		Client instructed how to get off the table safely incl. sitting on side of the table for a period after the massage to compensate for light-headedness	
		Used drapes are kept separated from clean drapes	

COMPETENT / NOT COMPETENT

DATE: / /

### Feedback

Assessor: \_\_\_\_\_